



12. Lorsch Triathlon

Lorsch / 02.08.2015

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Hennemann, Stefan

□□□: 1:11:06

□□: BSG Sparkasse Darmstadt

□□: 330

□□: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

□□□□□/□□□: 58 (of 340)

□□□□□/□: 55 (of 251)

□□□□□□: 59:47

□□□□:

Senioren 2 (TM 45)

□□□□□: 11(of 47)

□□□□□□□: 1:02:16

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:27 | 2.62 | 31 | 3:06 | 150 | 3:43 | 0.50 | 11:27 | 2.62 | 48 | 3:06 | 252 | 3:43 |
| Wechsel S -> R | - | 2:31 | - | 24 | 1:01 | 105 | 1:08 | 0.50 | 13:58 | 2.15 | 48 | 4:07 | 251 | 4:34 |
| Schwimmen □□□ | 0.50 | 13:58 | 2.15 | 48 | 4:07 | 251 | 4:34 | 0.50 | 13:58 | 2.15 | 48 | 4:07 | 251 | 4:34 |
| Rad netto | 20.00 | 34:05 | 35.21 | 7 | 31:29 | 31 | 31:29 | 20.50 | 48:03 | 25.60 | 48 | 30:28 | 251 | 30:28 |
| Wechsel R -> L | - | 0:53 | - | 9 | 0:23 | 80 | 0:24 | 20.50 | 48:56 | 25.14 | 48 | 29:47 | 251 | 29:47 |
| Rad □□□ | 20.00 | 34:58 | 34.32 | 6 | 30:48 | 29 | 30:48 | 20.50 | 48:56 | 25.14 | 48 | 29:47 | 251 | 29:47 |
| Lauf | 5.00 | 22:10 | 13.53 | 15 | 3:25 | 71 | 8:24 | 25.50 | 1:11:06 | 21.52 | 12 | 30:14 | 56 | 30:14 |